

3 Per Shopping List

Go to the store with a plan. The likelihood of coming away with food you DONT need, and failing to pick-up the things you DO need, increases when we fail to make a list. Balance is key. Keeping the macro and micronutrient categories top of mind helps engrave a behavior pattern that makes this the "normal" way you begin to shop and eat. We've all got plenty of other things going on in our lives. Make balanced and healthy eating automatic.

Protein	Carb	Fat	Veggies
1	1	1	1
2	2	2	2
3	3	3	3

List Additional Items Here:

Weekly Meal Prep Tips:

- Cook meat / protein - Fill your grill, oven, and/or crockpot with your 3 protein sources above; then reheat throughout the week.
- Cook starchy carbs - Cube and bake potatoes and root vegetables, steam rice and reheat throughout the week.
- Cut / Dice vegetables and store in plastic containers - These can be reused for salads, omelettes, and dinners during the week.
- Cook some veggies - Avocado oil, salt, pepper, and a baking sheet is a great way to bulk prep things like broccoli, cauliflower, and brussels sprouts
- Clean-up is half the battle / time at any meal - Bulk prep minimizes the amount of clean-up you'll need to do during the week!